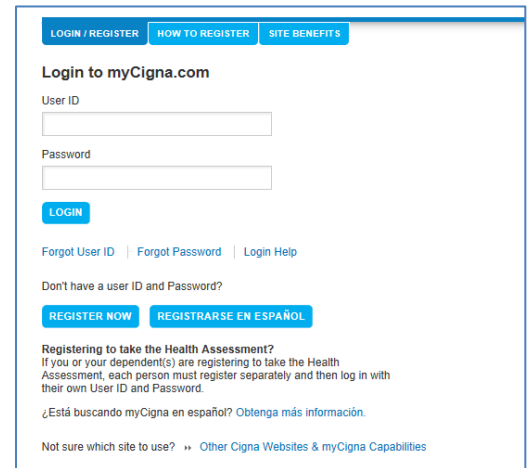# Cigna: How to Complete Your Health Assessment

Start your Health Assessment **AFTER** you complete your Biometric Screening and have **RECEIVED** your Cigna Medical Identification Card.
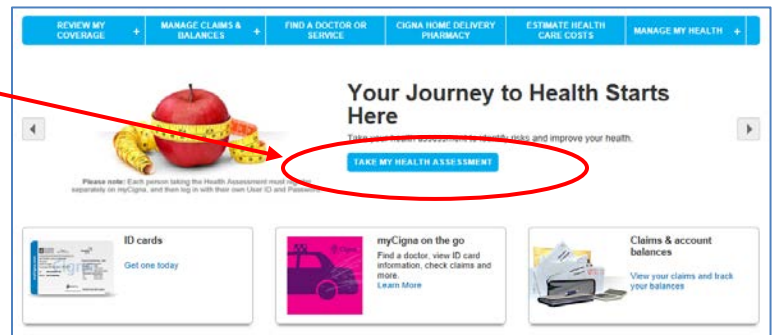
STEP 1

Go to www.myCigna.com

- If you have not previously registered for *my health & wellness center* or **myCigna**, select the "Register Now" button and complete the registration process. You will need to provide your name, address, date of birth, and Cigna Medical ID card number.

- If you have previously registered for *my health & wellness center* or **myCigna**, log in with your User ID and Password.

STEP 2

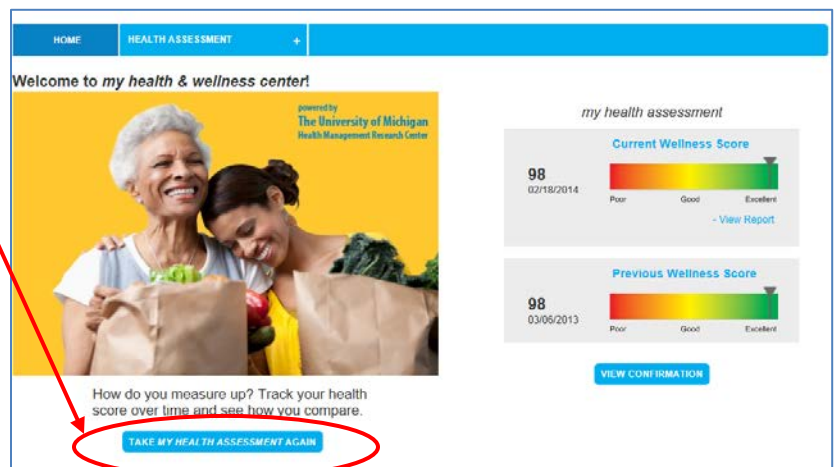**Select the "Take My Health Assessment" link**

- Look for the red apple in the center of the screen. The health assessment link will be one of the rotating options on the page. Try to have your blood pressure, total cholesterol and HDL cholesterol values with you when completing the health assessment.

STEP 3

Click in the "Take My Health Assessment Again" box

- Allow up to 30 minutes to complete the assessment.

Confirmation of completion will be sent to the Employee Benefits Division and your benefits record will be updated. Please allow up to two months for the premium reduction to be reflected in your paycheck. A retroactive credit will be paid as long as you completed the screening within 45 days of your benefit eligibility date.
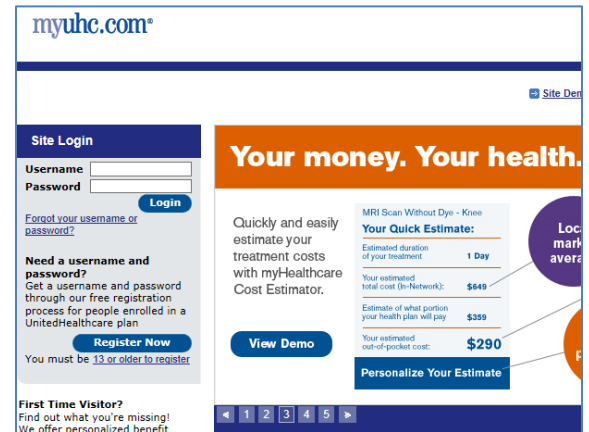
UnitedHealthcare: How to Complete Your Health Assessment

Start your Health Assessment **AFTER** you complete your Biometric Screening and have **RECEIVED** your UnitedHealthcare Medical Identification Card.
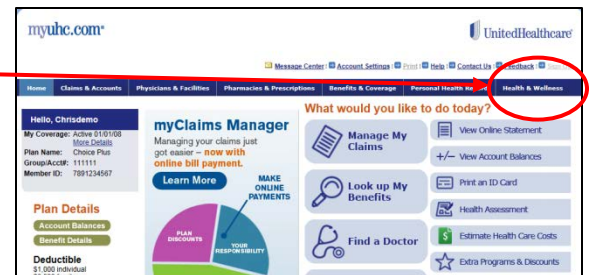
STEP 1

Go to www.myuhc.com

- If you have not previously registered, select the "Register Now" button and complete the registration process. You will need to provide your name, address, date of birth, and UnitedHealthcare Member ID card and group number.

- If you have previously registered, log in with your username and password and proceed to the Health & Wellness tab registration section.
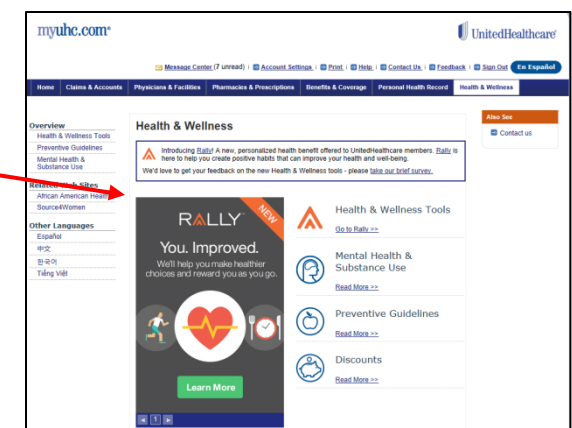

STEP 2

Register for the "Health & Wellness" site

- Once logged onto myuhc.com, click on the "Health & Wellness" tab located in the menu bar at the top right-hand side of the page.

STEP 3

Click on "Rally," sign up, and complete your health assessment.

Confirmation of completion will be sent to the Employee Benefits Division and your benefits record will be updated. Please allow up to two months for the premium reduction to be reflected in your paycheck. A retroactive credit will be paid as long as you completed the screening within 45 days of your benefit eligibility date.

12/30/14